

# Individual & Community Preparedness Newsletter



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## Ready Tips



### Coping with COVID-19

Over the past several weeks, our Nation has come together to tackle the spread of COVID-19 and deal with the vast amount of changes in our lives. Staying at home and practicing social distancing have helped stop the spread but may cause feelings of anxiety and isolation. Everyone reacts differently to stress. How you respond to the outbreak can depend on your background, the things that make you different from other people, and the community where you live.

Consider taking the following steps recommended by the [Centers for Disease Control and Prevention](#) (CDC) to help take care of yourself and reduce stress for you and others:

- Take care of your physical and mental [health](#). Take deep breaths, stretch, or [meditate](#). Try to [eat healthy, well-balanced meals](#), [exercise regularly](#), and [get plenty of sleep](#).
- Take breaks from watching, reading, or listening to news stories, including social media.
- Make time to unwind. Try to do some activities you enjoy.
- Connect with others while practicing social distancing. Talk with people you trust about your concerns and how you are feeling.
- Share accurate information about [COVID-19](#), and understand the actual risk that you and the people you care about face.
- Call your healthcare provider if stress gets in the way of your daily activities for several days in a row.

For more information and resources on coping with COVID-19 and dealing with stress and anxiety, please visit the websites listed below:

- [Centers for Disease Control and Prevention \(CDC\) – Stress and Coping](#)
- [Anxiety and Depression Association for America – Coronavirus Anxiety - Helpful Expert Tips and Resources](#)

## CERT & Communities



### CERT Volunteers on COVID-19 Front Lines

From directing snaking lines of cars with patients waiting to be tested for COVID-19 to organizing a “call-a-thon” seeking personal protective equipment (PPE) for first responders, [Community Emergency Response Team](#)

(CERT) volunteers across the country are stepping in to help with the coronavirus pandemic.

"In San Francisco, we have been preparing for an earthquake, but we train for all hazards." [Read more...](#)

## Communities Care for Those in Need

With social distancing and stay-at-home orders continuing to occur across the country, people are coming together to help one another during the COVID-19 pandemic. Community-based organizations (CBO) across the United States are critical lifelines in the fight against the novel coronavirus and are stepping in with innovative ways to help those in their communities who are disproportionately affected by disasters. Food pantries have been particularly essential as many people find themselves experiencing food insecurity due to loss of income as a result of the pandemic. At the same time, social distancing is changing everything from how children go to school to how houses of worship conduct services. [Read more...](#)



## Fire Prevention and Safety Grant Applications Are Open

FEMA has begun accepting Fire Prevention and Safety Grant (FP&S) applications. The Notice of Funding Opportunity (NOFO) is available for \$35 million in funding for the Fiscal Year 2019 FP&S grants. The deadline for applications is 5:00 p.m. ET on Friday, May 29, 2020. Prepare now by reviewing the 2019 Fire Prevention & Safety application guidance materials on FEMA's website [here](#).

## Hurricane Season Is Coming, Are You Prepared?

## Wildfire Preparedness by the Numbers

Only 29% of individuals who participated in the [2019 National Household Survey](#) and lived in a wildfire-prone area had any experience with wildfires. This lack of experience may explain why there is low risk perception (34%) and low efficacy (49%) in this group. We can help raise preparedness efficacy for individuals who live in wildfire-prone areas by helping them understand what they should do before, during, and after a wildfire. We can also help increase preparedness efficacy by providing opportunities and encouraging folks to attend a meeting or participate in a drill.

## Animal Emergency Preparedness

On May 6, 2020, FEMA Region II, held a webinar on Hurricane and Spring Weather Safety for National Hurricane Awareness Week. In this recorded session, learn how you can stay alert and weather ready. Hear from the National Weather Service about how you can prepare for severe weather and hurricane season while still taking precautions for COVID-19. Click [here](#), to review the recorded session.

Please join FEMA Region II Wednesday, June 3, 2020, from 12:00 p.m. to 1 p.m. ET for our June webinar for Pet Preparedness Awareness Month. Learn how to plan and care for your pets during emergencies. Hear from expert Lindsay Mehrkam, Director of the Human-Animal Wellness Collaboratory on how you can prepare your pets for disasters. Please register for the webinar [here](#).

## Children & Disasters



### Resources to Help Youth Cope with COVID-19 Uncertainty

Between school closings, heightened news coverage, and daily routine changes due to COVID-19, many children may be confused, worried, or even scared. According to the [Centers for Disease Control and Prevention](#) (CDC), “Parents, family members, school staff, and other trusted adults can play an important role in helping children make sense of what they hear in a way that is honest, accurate, and minimizes anxiety or fear.”

Everyone manages stress differently, including children and teens. The resources below can help explain both the disease itself and ways to cope with the stress it may cause for children and teens.

- [CDC: Coronavirus \(COVID-19\)](#): Get the facts, including how to prepare your family, symptoms, and resources for the community.
- [CDC: Talking with Children about Coronavirus](#): Guidance to help adults talk to kids about COVID-19 and suggestions for teaching kids how to avoid getting and spreading the virus.
- [CDC: Manage Anxiety and Stress](#): Tips for managing your own stress and helping others, including children, manage theirs.

- [Save the Children](#): Resources include guidance on how to help kids cope with extended school closures, advice for staying connected with grandparents, and family learning activities.
- [UNICEF: Coronavirus \(COVID-19\)](#): Resources from the United Nations Children’s Fund, including handwashing tips, stories about how young people around the world are coping and staying positive, and more.
- [National Child Traumatic Stress Network](#): A parent and caregiver guide to helping families cope with COVID-19. [Read more...](#)

## Important Dates

- **May 3-9:** [Hurricane Preparedness Week](#)
- **June 3:** Webinar — [Pet Preparedness](#) (Noon ET)

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*Disclaimer: The reader recognizes that the federal government provides links and informational data on various disaster preparedness resources and events and does not endorse any non-federal events, entities, organizations, services, or products. Please let us know about other events and services for individual and community preparedness that could be included in future newsletters by contacting*

[FEMA-prepare@fema.dhs.gov](mailto:FEMA-prepare@fema.dhs.gov).

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